

PERSONAL EQUIPMENT LIST**Whitewater Rafting Trips**

The items listed in the first two sections are *essential* for any rafting trip, so be sure to bring them or borrow them from us. The third section (the last page) includes optional items intended for your personal comfort based on the experiences of participants on previous trips. Keep these lists for reference as you pack for your trip, and go to <http://www.lclark.edu/dept/outdoors/nstontrip.html> to submit your *Online Equipment Information Request* to College Outdoors as soon as possible so we can prepare equipment for you. Please submit an online request even if you **do not** plan to borrow equipment from us, so we can be sure that all our participants have the proper equipment. All of the essential equipment listed below can be borrowed from our warehouse for no additional cost.

A note about cotton: Cotton kills!! Cotton has no place on outdoor trips except as bandannas and women's underwear. Cotton robs your body of heat if it gets wet and can cause hypothermia. Never bring cotton long underwear, cotton jeans, cotton fleece jackets, cotton sweats, or similar items. Call us if you'd like more information.

ESSENTIAL EQUIPMENT YOU CAN BORROW FROM COLLEGE OUTDOORS

*You do not need to buy any of the equipment listed in this section—we can lend it to you at no charge. Of course, you're certainly welcome to bring your own equipment if you have it. Please return the separate **Equipment Information Form** promptly, whether or not you are borrowing equipment from us. We will notify you if any of the equipment you request is not available.*

- **SLEEPING BAG.** A warm sleeping bag is a must, with a “comfort rating” of 20°F or lower. (Not the kind with pheasants or Pokémon adorning the inside!) We highly recommend using synthetic bags, as opposed to down bags. A synthetic bag will still keep you warm if it gets wet, but a down bag will not. If you do decide to bring a down bag, you must be *very careful* not to get it wet.
- **SLEEPING BAG STUFF SACK.** Most sleeping bags come with a stuff sack. It will protect your bag from damage and especially from rain and water. Line the inside of the sack with a plastic garbage bag before stuffing your sleeping bag inside. This will increase the chances of your sleeping bag staying dry should it rain or your dry bag leak.
- **CLOSED CELL FOAM SLEEPING PAD.** This type of pad works best because it won't absorb water. Therm-A-Rests (by Cascade Designs) are good and more comfortable, but more expensive.
- **RAIN JACKET.** Rain can come at any time in the Pacific Northwest—you will need good rain gear when you are living in Portland for the winter! Coated nylon, rubberized fabric, and Gore-Tex all work great (and are listed here from the least to the most expensive). *Don't* bring a cheap, fold-up \$15 poncho! Also, don't bring an insulated rain jacket, as you will be too hot if you have to hike in it. Gore-Tex and other breathable fabrics are going to keep you the most comfortable if you have to exert yourself in your rain gear. If you choose to buy new rain gear, it helps to talk to a salesperson at a reputable outdoor store.
- **RAIN PANTS.** The suggestions for a rain jacket apply here as well. Additionally, for rain pants, zippers at the cuffs that allow you to get your rain pants on and off without removing your hiking boots can be very convenient.
- **LONG UNDERWEAR TOP.** Quality polypropylene (synthetic, non-cotton) long underwear usually comes in three weights: light, mid, and expedition. All types can be used in a combination of layers to provide warmth, even when wet. Capilene, Thermax, and Thermostat are common brand names. If you wear long underwear while hiking or doing other fairly active physical pursuits, you should wear lightweight. Mid- and expedition- weight are generally too warm to wear when hiking, but are good to keep you toasty at night. Long underwear serves as an important insulating layer. Light weight is most versatile.
- **LONG UNDERWEAR BOTTOMS.** See the description of long underwear tops (above) for specific recommendations.
- **SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation. If it's lightweight, bring two. No cotton!
- **SOCKS & LINER SOCKS.** Avoid cotton socks—they can't keep your feet warm when they're wet. *One to three pairs* of wool, polypro or synthetic fiber socks will ensure dry, warm, happy feet. **OPTIONAL:** *One to two additional pairs* of thin, non-cotton, slippery liner socks (such as silk or polypropylene) to wear under your thick wool will aid in blister prevention on day hikes. Socks that fit well also help prevent blisters.
- **WARM HAT.** Again, wool, polypropylene or fleece hats are best.
- **WETSUIT.** We have these to loan out, but if you have your own bring it since it will fit you better. *Don't buy one!* We have plenty to loan!
- **RIVER FOOTWEAR: TENNIS SHOES, WETSUIT BOOTIES, OR RIVER SHOES** to wear in the raft. We like old nylon running shoes or sneakers the most because they are cheap, comfortable, provide protection for your toes, and have a good sole for walking on the riverbank. Try to find an old pair of shoes that are made mostly out of nylon or mesh and your feet will be happy. Highly recommended are covered toe sandals or water shoes, like the Keen H2 sandals, Keen Banff Watershoes, Merrell Waterpro Mocs or Salomon Amphibians. We have a bunch of wetsuit booties to loan out at no charge. **We will not allow open-toe sandals (Chacos, Tevas, etc.). You must have closed toed shoes to protect your toes from injury while on the water.**

See other side for more essential equipment...

ESSENTIAL EQUIPMENT CONTINUED...

- **PADDLE JACKET.** This is a specialized waterproof jacket used in water sports. It has neoprene gaskets around the neck and wrists to help keep water out.
- **DRY BAG**--Waterproof bags to keep clothing dry.
- **WATER BOTTLES** (at least two 1-quart bottles). Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles work great!
- **HIKING BOOTS** or **HIGH TOPS TENNIS SHOES**, comfortable with good ankle support. These are for wearing around camp, and for day hikes to some of the ridgetops. Hiking boots give you the best ankle support, so they do the best to prevent a twisted ankle on a hike. If you bring new hiking boots, make sure they are broken in: walk in them as much as possible before your trip. We have some hiking boots to loan out, but bring your own if you have them. Yours will fit you better (i.e. be more conformed to your feet and less likely to give you blisters).
- **DAY PACK**, for carrying some warm clothing, food and water on day hikes. Your school bookbag will be fine for this as long as it can be worn on your back.
- **ONE OR TWO LARGE GARBAGE BAGS**, heavy-duty, 1.4 mm thick or thicker (*25 gal. or more*). These help keep your clothes and sleeping bag dry and are used to pack out garbage at the end of the trip. We can provide these at no charge.
- **HEADLAMP.** A headlamp leaves your hands free for camp tasks.
- **SUNGLASSES** with ultraviolet (UV) protection. This is for your own safety! On a bright summer day you can burn your eyes as well as the rest of your skin. We have some of these to lend.
- **“CROAKIES,” “CHUMS,”** or **GLASSES STRAPS** to keep your eyeglasses or sunglasses on your face or around your neck, not broken.
- **SUN VISOR** or **BASEBALL CAP** to keep the sun out of your eyes and off your face.

ESSENTIAL EQUIPMENT YOU WILL NEED TO BRING FROM HOME

- **T-SHIRTS** or other lightweight synthetic shirts (bring one or two).
- **SHORTS**—one or two pairs (synthetic).
- **SWIMSUIT.** Quick-dry nylon shorts for guys. A swimsuit or a sports bra combined with quick-dry nylon shorts for women.
- **LONG SLEEVED SHIRT** with a tight weave, for sun protection. In this case cotton is acceptable; it will help you stay cooler on those really hot days and protect your skin from the sun. The material should be lightweight and of a light color. Thrift stores are a good place to find a cheap shirt with a fun print. Sporting good stores also now sell shirts with SPF in the weave.
- **DUFFEL BAG, LARGE STUFF SACK** or **LAUNDRY BAG**, something soft to pack your gear in. This will make dry bag packing much easier. This bag may or may not be brought on the river. Your daypack may fill this role if it is large enough. ***Please don't bring frame packs of any kind***, internal or external, that you plan to take on your trip. These types of packs will not fit in our dry bags and make the boats difficult to pack.
- **UNDERWEAR BRIEFS/PANTIES.** For women especially, changing each day into clean cotton underwear will help prevent urinary tract infection. We recommend synthetic for men.
- **PERSONAL TOILETRIES.** These items include toothpaste, toothbrush, contact lens supplies, eyeglasses, biodegradable soap, menstrual products and hand cream. Try to find travel-size items and do not bring anything in a glass container.
- **CHAPSTICK** with sunscreen rated SPF 15 or higher.
- **SUNSCREEN.** Waterproof and rated at SPF 15 or higher. Sun exposure can be intense on the water.
- **PROOF OF MEDICAL INSURANCE CARD.** *If you do not have insurance through Lewis & Clark College, then it is extremely important to bring your medical insurance card. Don't leave home without it!*
- **PERSONAL MEDICATIONS.** Bring your own ibuprofen, aspirin or other pain relievers, since we don't usually carry it in our group kits. **If you will be on any medication during the trip, please be sure to bring double the amount you need**, in two separate containers. Inform your trip leader of what you are taking and give him or her the backup supply in case yours is lost or gets wet.

*The items listed in the two previous sections are **essential**. Before your trip leaves, we'll check to make sure you have the gear listed on this sheet if you have not requested it from us. Don't forget that you can borrow equipment from friends and relatives as well as from us. Also watch for summer sales and even shop the thrift stores for some of the items. **Additionally, please remember to submit your Online Equipment Information Request by July 10th.***

OPTIONAL, PERSONAL ITEMS

This could be a long list, but remember space is limited. Weigh the risks before bringing fragile gear or items that could be seriously damaged by water. Dry bags sometimes leak. College Outdoors does not take responsibility for damaged equipment. This doesn't mean you shouldn't bring cameras or binoculars; just be sure to check out the boxes and bags to be sure you are comfortable with their ability to repel water and provide cushioning and protection.

- **NON-COTTON PANTS.** Combining your long underwear and your rain pants will serve the same purpose. However, you may still want to bring a pair of comfy pants. Jeans and sweats will NOT keep you warm when they get wet. Old army wool pants, fleece pants, Capilene, or other synthetic fibers will work the best. Lightweight nylon “travel pants” work great. They dry quickly and provide good sun protection.
- **BANDANNA or HANDKERCHIEF** — Cotton is OK for this.
- **NEOPRENE GLOVES.** Optional but a good idea for paddling if you get blisters on your hands easily. (We can lend you these if you need them. Just make an extra note on your Equipment Information Form when you send it back to us.)
- **BINOCULARS**, in a waterproof container.
- **CAMERA and FILM**, in a waterproof container.
- **EYEGLASSES AND** one extra set (either another pair of glasses, or a set of contact lenses.)
- **FISHING GEAR** and Oregon state license.
- **GAITERS:** short ones are best. To keep thistle and grass seeds out of your socks. Really nice if you have ‘em, but very optional.
- **GAMES** (e.g. cards, etc.)
- **HAND CREAM** for dry hands. Badger Balm, Bag Balm or other skin moisturizer is good. (Travel size if possible.)
- **MUSICAL INSTRUMENT**, not too heavy or bulky.
- **NOTEBOOK/JOURNAL** and a pencil.
- **TOWEL.** A small towel or “Pack Towel” is usually enough.
- **MONEY.** Bring money for lunch at the campus cafeteria on the day your trip leaves and at stops along the way for snacks, etc. Small amounts of cash are fine; you shouldn't need much money on this trip.
- **ZIPLOCK BAGS**, the freezer type is best. Bring enough of them to keep your smaller things dry.

NOTE: If you prefer to get some of your own gear but are having difficulties finding a place to shop, give us a call at 503-768-7116, anytime! We can recommend vendors and discounted gear dealers.

One last note: Your trip leader may ask that cell phones and electronic music devices, such as iPods, be stored on campus before trip departure or left in the van at the beginning of your adventure, and not brought with the group into the wilderness. This trip is an opportunity for each participant to leave modern technology behind for a few days. (Trip leaders will carry a cell phone for emergency use, although cell phone reception is often not available in wilderness areas or river canyons). Of course, sharing your talents on the trip with your harmonica, flute, guitar or other portable instrument is always encouraged!